

R.I. Baker Middle School

NEWSLETTER

JANUARY 2020

Principal's Message

As I often do around the holidays, I would like to focus this month's message on family. As a school we are focusing on improving the mental wellness of the students in our building. We work to create a positive social climate where students feel safe, cared for and ensure that they belong. Staff try to help students develop skills to cope with stress, adversity, trauma or tragedy. We are always promoting ways to help students develop healthy relationships with peers and adults. Lastly, we work to create pathways for self care. Care for ourselves, others we know, and even individuals we don't.

In my opinion, the most important form of mental self care is something we can't provide at the school. Quality time with family. Time to forget about tests, results, practices, and rehearsals. Take time to disconnect with devices and reconnect with the ones who mean the most to you.

Enjoy the rest of your time off with family!

Happy New Year!

Mr. Preb



Happy
New Year

IMPORTANT DATES:

- January 6 - Back to School
- Ski trip fees & forms due January 8
- January 8 - Booster Juice Lunch
- January 10 - Deadline for Ski Trip
- January 17 & 18 - RIBMS Girls Basketball Tournament
- January 15 - 3G Lunch
- January 21 Parent Council 6:30
- January 22 - Subway Lunch
- January 23 - Ski Trip Castle Mtn
- January 29 - Taco In a Bag Lunch
- January 29 - February Hot Lunch orders due
- **PD DAY ON JANUARY 27 - NO SCHOOL**



School Reminders

1) Attendance - School Messenger

Please phone 1-844-260-7166 to report your student's attendance or you can also download the SchoolMessenger app for free on any mobile device!



2) School Fees & Extra Curricular Fees - School Cash Online

School Fees are now due, please access your School Cash Online account to see what your students fees. <https://palliserregional.schoolcashonline.com>

3) PowerSchool Parent Portal

<https://ps.pallisersd.ab.ca/public/home.html>

4) Daily Announcements - RIBMS Website

Not sure what's happening at Baker today? Check out our Daily Announcements on the RIBMS Website Homepage

IMPORTANT!

If your child is late for school, they MUST sign in at the Office.

As a general rule, Attendance is taken after "O Canada" is played each morning. If your child shows up in class after "O Canada", they are late!



Parents/Guardians, Please remember to check in at our Office before heading to your child's class!

Thank you for your cooperation with this!



Food for Thought...Late for School? Every Minute Counts!

If you arrive late to school every day, your learning begins to suffer. Below is a graph showing how being late to school every day over a school year adds up to lost learning time.

Over one academic year

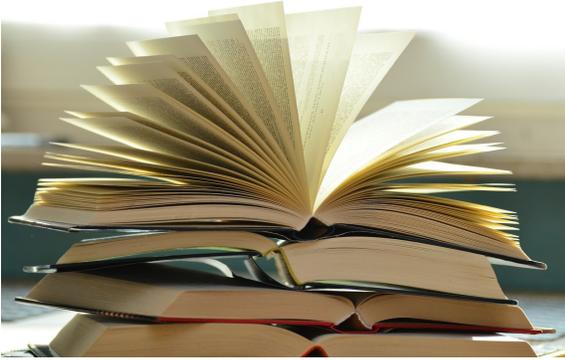


RECESS EXPECTATIONS

R.I. Baker Middle School philosophy is that children need fresh air and exercise to enhance gross motor development, social skills and friendships. Exercise is overall good for the brain and body. Our expectation is that all children unless involved in a lunch club, to which there are many offered, need to be and are expected to be outside. This means that the students of R.I Baker need to come to school with appropriate clothing for the weather. Students are expected to be outside and not to be trying to sneak in or hiding in the school as supervision is provided outside and for clubs. Please discuss this with your child, and ensure that they are compliant with school rules.



January Library News



‘A reader lives a thousand lives before he dies.

The man who never reads lives only one.’”

George R.R. Martin

The New Year will be starting off with a great selection of new titles that were purchased from the recent Scholastic Book Fair. Selecting the ‘just right’ book is often difficult for readers, especially struggling readers and we strongly encourage your child to request assistance from either the librarians or their LA teachers. Our library carries a large collection of fiction, non-fiction and graphic novels that cover a very wide range of interests as well as reading levels. The goal of our staff is to encourage students to appreciate the joys and benefits of reading and we are happy to give students suggestions and advice.

SOCK IT TO ‘EM CAMPAIGN

Thank you to all who contributed to the annual SOCK IT TO ‘EM CAMPAIGN that all Palliser Caretakers participate in. We were happy to collect 317 pairs of new socks that will be distributed to those in need this Christmas season. Thank you for sharing with those less fortunate.



Grade 5 POD Reminders :

The grade 5 teachers felt that this was a good time to remind parents of a few items. In grade 5 we do not usually assign homework, however if class work is not completed, it does need to be completed at home. If a child is away for any period of time, it is their responsibility to find out what work they have missed, as it must be completed. If your child is going to be away, or is sick, please call the school office to inform them. As partners in your child's education, it is important that we work together to ensure that the students are attending school on a regular basis, and completing assignments. Some students are running out of a few of the basic supplies, and need pencils and/or erasers. Please check with your child to see if they are short any supplies. Also, there are a few children who have been wearing their boots all day long. Please ensure that your child has indoor shoes to wear at school during the winter months.



Most importantly-- A huge thanks to all the parents that helped with the turkey dinner, it was fabulous!

Language Arts: We have wrapped up our 'stuck story' narrative writing unit. Students have honed their writing skills with use of picture prompts, following their story mountain charts, as well as identifying parts of a story during read alouds. We will be exploring figurative language next. Students should continue to read 2 hours per week (or more!) each week outside of school.

Math: 5A, 5B, 5C, 5D: We wrapped up our Subtraction and Division Unit in December and will be starting a Place Value Unit this month. Students will learn to represent and describe decimals to the thousandths place as well as whole numbers up to 1 000 000.

Science: 5D: We are continuing our Chemistry Unit looking at chemical reactions and then will move onto Electricity and Magnetism in mid January, where students will construct simple circuits, measure electricity and learn the properties of electricity.

Science: 5 A, B, C After the break, we will begin our Classroom Chemistry unit in Science. I also have an Intern teacher joining me after the break. Ms. Giesbrecht will be teaching 5A and B and I will be teaching the C's.

Social Studies: We are continuing our study of the Regions of Canada, focusing on the Canadian Shield region.

Grade 6 POD

Language Arts: We are currently in the middle of our story writing unit, in which we have a focus on format, grammar, parts of a plot, story vocabulary, editing and most importantly imagination and heart. This unit is an incredible amount of fun and story writing is also something the kiddos will have to do on the PAT. Please note that the second major project has been posted on Parent Portal, so take a look! Have a lovely January and a happy new year.



Math: We will start our Data Relationships unit in January. In this unit, students will learn about different ways to gather data and present data, with a focus on bar graphs and line graphs. They will also practice reading and analyzing graphs. Please check with your child to make sure their ruler and pencil crayons are still available for this unit.

Science: We are still busy working on our Sky Science unit! The astrodome will be at our school on January 10th and all of the grade six kids will get the chance to go through it. We will also be welcoming a PSIII student to our classroom starting January 7th. Mr. Hornung will be taking over the 6B and 6E science classes until late April.

Social Studies: We are wrapping up our unit on Municipal Government and presenting our work to Coaldale's city council. After we have completed SocialCity, we will be looking at the Provincial Government and the role it plays in our lives.



Grade 7 POD

Midterm Info:

- LA - Thursday, Jan. 30
- Math - To be determined
- Social - February to be determined



Language Arts: I must admit I am a bit sad that Ms. Bishop is now back at university, as I enjoyed working with her and seeing her grow as a teacher but, I am very excited to be teaching all of the grade 7 LA classes now! We will spend a bit of time in January getting back to our routines and setting some New Year resolutions. We will then start our first books clubs. Students will be reading a novel and discussing it in small groups. Students will complete minor assignments and hold book club meetings every week. The school has the novels, but they must remain at school as we are sharing amongst classes. If your child would like their own copy to read at home or if they are absent, please check it out from a public library or as an ebook/audio book. We will also be reviewing vocabulary and reading comprehension practice for our upcoming midterm on Thursday, Jan. 30/20

Math: In January, students will continue to focus on Unit 3- Addition and Subtraction of integers. Following this short unit, the fourth unit will cover linear relationships, describing patterns, graphing a table of values, and analyzing graphs to draw conclusions. Once we have completed the fourth unit, likely in February, there will be a midterm on the first four units of the year. Stay tuned for the date!

Science: Students will start the month by beginning the third unit - Planet Earth. This scientific study of Earth will be based on direct observation of landforms and materials that make up Earth's surface and on the sample evidence and models we have of Earth's interior.

Social Studies: Students are working on Chapter 4 which looks at the fur trade in its entirety. We will then be jumping right into Chapter 5 "War and British Conquest". This will take us to the beginning of February, at which point students will write their midterm exam based on chapters 1-5. Specific dates for exams for all classes will be sent home at the end of January.

Grade 8 POD

Language Arts

Mrs. McDougall: This month, we are shifting our focus to informational writing. The students will engage in a research-based informational writing unit, while also reading and learning about the different structures of

informational/non-fiction text. Students will be reading a non-fiction book of their choice during this time, and it is essential that they are continuing to read daily (ideally, but refer to their personal reading goal for more information) at home. Our main focus in class will be on writing, so keeping up on reading will be super important. Thanks for your support at home!

Mrs. Netzel: Happy New Year! In January, we will be finishing up our writing and presentations for “The Monkey’s Paw” scenes. We will then be focusing on writing a graphic character sketch based on the movie, The Princess Bride. Students also will be writing a midterm exam either near the end of January or the beginning of February. More details to come.

Math (Mrs. Berry-Furtado): During the month of January, we will be working through Chapter 4: Patterns & Relations. It begins with students analyzing linear relations through equations, graphs and tables of values. Next, we will explore solving equations. This is an extension of Math 7 and again, we will utilize algebra-tiles to help us understand all of the steps required to solve different equations. At the conclusion of Chapter 4, we will spend some time preparing for the Midterm. This is a cumulative exam assessing Chapters 1 - 4. The Midterm is scheduled for February!

Science (Mrs. Friesen): Our next unit is Cells and Systems. This is a longer unit and will take us into March. Our focus in January will be on cells. Students will have an opportunity to construct a 3D model of either an animal cell or plant cell. Watch for more details for this project as students will be given the opportunity to bring supplies from home to complete it.

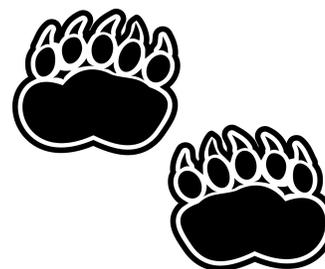
Social Studies (Mr. Smith): We are finishing our study of the Renaissance. We looked at expansionism and will explore how it can turn into imperialism. Students have a Treasure Chest Project assigned in December, due in January 2020. Ask your child about the explorer he/she is researching. Students will be writing their Ch.5/6 Formative Test early January and a mid term after a few weeks of study prep.



A Rundown of Bears Athletics

GRADE FIVE VOLLEYBALL

We've had so much fun in our Baker Grade 5 Volleyball Club! We'll be wrapping up this club with our very own tournament. This tournament is set to run Friday January 10th. Watch for some information coming out with your child! We're looking forward to seeing some fans out! **GO BEARS GO!**



INTRAMURALS

Thanks to all those students who signed up for 3 on 3 basketball. We're looking forward to having some awesome games! 3 on 3 basketball will start in January.

BEARS BASKETBALL

We have a busy January coming up in basketball! Thanks to all those parents who volunteered at our Boys RIBMS Basketball Jamboree in December. A special congratulations to the Senior Boys Basketball team who took silver in that tournament! We're looking forward to the Girls RIBMS Basketball Jamboree running January 17- 18! We're excited to watch all four of our teams compete in the second half of our season! **GO BEARS GO!**

BEARS BADMINTON

Badminton season is just around the corner and we are looking forward to picking our teams. All grade 6--8 students are welcome to come to open gym February 12th at 3:45-5:15 pm.

Our badminton tryouts are set to run during the following days:

Monday February 24th: Grade Sixes- 3:45- 4:45, & Grade Sevens 4:45- 5:45

Tuesday February 25th: Grade Eights- 3:45- 4:45, Grade Six Girls- 4:45- 5:45, & Grade Six Boys- 5:45- 6:45

Wednesday February 26th: Grade Seven Girls- 3:45- 4:45 & Grade Seven Boys- 4:45- 5:45

Thursday February 27th: Grade 8 Girls 3:45-5:00 & Grade 8 Boys 5:00-6:15





The “Beat” From The Music Room

Reminder for grade 7/8 band parents that the \$100 deposit for our March 8-11th trip to Edmonton is due on Friday, January 10, 2020, and is payable on School Cash online. If you have enough fundraising credits to cover this cost it will not show up on your school cash. If you have a partial amount fundraised the \$100 deposit will still be added to School Cash Online.

Upcoming Events:

January 13th -24th Optional Booster Juice Fundraiser: Mr. Conrad will send home more info after the Christmas break.

Grade 6 SABC Trip: Thursday March 19 - Friday March 20, 2020

Dessert Concert: Friday March 27th (all groups perform)

Grade 7&8 Edmonton Trip: Sunday March 8 - Wednesday March 11, 2020

Music clubs:

Handbells: Mondays at lunch recess with Mrs. Holland

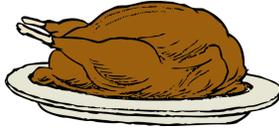
Choir: (open to all students) Thursday at lunch recess with Mr. & Mrs. Conrad/Mrs. Holland

Jazz Band: (open to grade 7 and 8 students) Fridays after school 12:30-1:30pm

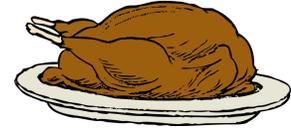
Spring Drama Production - Treasure Island

Treasure Island rehearsals will continue as scheduled in the new year - see you in January!





RIBMS TURKEY DINNER



Thank You's!

A thank you to all parents and community members who helped make our turkey dinner at RIBMS a success again this year. A special THANK YOU to PERRY FARMS for donating the potatoes, to DAVIS AUTO for donating the turkeys, the COALDALE FOOD MARKET and the COALDALE BAKERY for helping us with the cost of the other groceries.

A HUGE THANK-YOU to parent volunteer Natasha Richards for coordinating and managing the event.

Thanks to our 'Potato crew' - Jessica Smelt, Notasha Borland, Gayle Petker, Deborah Colling, Danielle Macinnis-Tanner, Marsha Wagenaar, Angi Heninger, Kourtney Skipworth, Lindsay Houweling, and Jolene Brobbel

Thanks to those who prepped and carved turkeys - Amy Hass, Brianne Ress, Darren Smith, Chris Tanaka, the Vanden Elzen family, and several staff members

Thanks to our set-up, serving and clean up crew - Brianne Ress, Lindsay Clarke, Chris Tanaka, Cindy L'Hirondelle, Jenny Horne, Shauna Pauls, Jeannie Strong, Tanya Johnson, Terry Allen, Shannon Little, Mark Dyck, Krista Wirth, Janet Wakefield, and Danielle Macinnis-Tanner

THE REMAINDER OF THE TURKEY DINNER COSTS WERE COVERED BY FUNDS RAISED FROM THE WALKATHON AND CANTEEN!

RIBMS Ski Trip—JANUARY 23, 2020

Information, registration and permission forms for our annual RIBMS ski trip to Castle Mountain have been sent home with your child. It is our hope that each child will attend this event and either learn the basics of skiing or practice their ski skills. For students who do not go skiing, it is a regular school day where grade level instruction will be provided. We need a majority of our students to participate in this event, or it may be cancelled. We strongly encourage and welcome parents to attend the ski day with your child.



****Ski trip fees and forms are due January 8, 2020****

In accordance with procedures at Castle Mountain, every student must take an ability test and lesson, even if they are a season pass holder. All students must wear a helmet, the cost of which is included if they rent equipment.

In order to plan and order adequate transportation, every student needs to ride the bus to and from the ski hill. All students who are attending the ski trip must attend a ski safety presentation at the school..

As this activity is partially subsidized by the school, **please note that schools fees and any other outstanding fees are to be paid in full prior to the ski date.** Please call the office, 345-3340, if you would like details on outstanding fees or to speak to an administrator regarding payment plans to pay fees.

Parents accompanying our students on the ski trip will be expected to adhere to Palliser Regional School policy in regard to tobacco and alcohol.

Please Note: Students and parents who choose not to participate on the school ski trip but choose to ski that day (at Castle Mountain) will not in any way be affiliated with the school, its insurance, discounted rates or transportation. Also, if a student drives with a parent or another parent they become the responsibility of that parent. If a student who is not on the ski trip becomes a discipline issue or is injured they are the sole responsibility of the overseeing guardian.

BUSES WILL BE LEAVING THE SCHOOL PROMPTLY AT 6:45 AM AND RETURNING AT 5:30 PM. STUDENTS MUST BE AT THE SCHOOL BY 6:30am FOR PROMPT DEPARTURE. STUDENTS WILL NOT BE ALLOWED IN THE SCHOOL WHEN WE RETURN FROM THE HILL SO PLEASE HAVE PICKUPS ARRANGED.

STUDENT LEADERSHIP COUNCIL

The SLC is proud to announce that we, as a school, raised money to buy toys for children this holiday season. Thank you again to everyone who helped make this campaign a success! It is important that we remember those who are less fortunate, especially during the holiday season.



Dance:

The RIBMS dance team will be hosting a one day dance workshop on Saturday, January 25 from 8:30AM-3:00PM. This dance workshop will be focused on empowerment and connection and how we can receive these things through the art of dance. All are welcome, whether they have danced or not, we will also extend this invite to the K.A students. 2 choreographers along with myself (Miss Cleland) will teach styles in modern and hip-hop. These choreographers have dance in places like:L.A, Vancouver, Toronto and New York. Lunch will be provided. The sign up sheet for this workshop is on Cleland's door, please have your kiddo sign up before January 17 if they are interested.



January 2020 Calendar

MON 30	TUE 31	WED Jan 1	THU 2	FRI 3
	New Year's Eve	New Year's Day	Day After New Year's Day (Quebec)	
6 Back to School Epiphany	7	8 Booster Juice Lunch Ski Trip Forms Due	9	10
13	14	15 3G Lunch	16	17 GIRLS BASKETBALL TOURNAMENT
20 Staff Meeting	21 ● 6:30pm Parent Council	22 Subway Lunch	23 SKI TRIP	24
27 SITE BASED PD	28	29 Taco in a Bag Lunch	30	31



Kids in grades 4 & 5 can ski & snowboard **2 times** at each of the **125+** ski areas across Canada, for just **\$29.99!**

(Including Castle Mountain Resort and Pass Powderkeg Ski Area)

Go to: www.mysnowpass.org to apply!

NAME: _____ HOMEROOM: _____

FEBRUARY HOT LUNCH - Due January 29 - 2019/2020

Student Name (R.I. Baker Middle School)

Hot Lunch is DUE January 29, 2019. NO LATE ORDERS WILL BE ACCEPTED

If your child is absent the lunch will be left in the fridge until the next day!

A1 - February 5

Booster Juice - February 12

3G Eatery - February 26

February 5 - A1 Pizza

- 1 - Cheese Pizza [add \$3.00]
- 1 - Pepperoni Pizza [add \$3.00]
- 1 - Hawaiian - Pizza [add \$3.00]
- 2 - Cheese Pizza [add \$6.00]
- 2 - Hawaiian Pizza [add \$6.00]
- 2 - Pepperoni Pizza [add \$6.00]

February 12 - Booster Juice

- Mango Mania [add \$4.00]
- Berry Blossom [add \$4.00]
- Hawaiian Pizza (Pineapple, Ham, Pizza Sauce, Cheese) [add \$4.00]
- Protein Chicken - No sauce [add \$4.00]
- Pineapple Chill & Starberry [add \$4.00]
- Protein Chicken - BBQ Sauce [add \$4.00]
- Protein Chicken - Salsa [add \$4.00]

February 26 - 3G Eatery

- Chicken Wrap - Breaded Chicken, Ranch, Mozzarella, Lettuce [add \$3.50]
- BBQ Beef on Bun - Roast Beef, BBQ Sauce, Hamburger Bun [add \$3.50]
- Meatball Slider - Pork Meatballs, Marinara Sauce, Mozzarella, Hamburger Bun [add \$3.50]
- Pasta Salad [add \$2.00]
- Potato Salad [add \$2.00]

Total: \$ _____

BABYSITTER COURSE

Be Prepared.



Coaldale

This course is intended for youths 11 - 17 years of age who want to look after infants and young children. Participants will learn basic skills which will prepare them to deal with emergency situations plus general principles of caring for infants and young children. Students will receive a manual and a certificate. ****Please bring a bagged lunch, water bottle and paper & pen****

Saturday, March 7 ~ Coaldale Public Library ~ 9 am - 4 pm

Please contact **The County of Lethbridge Community Learning Council**
to register **by February 27** **Cost \$60**

403-345-6009 ~ communityclasses.ca ~ 2014 - 18 Street, Coaldale

TALKING WITH TEENS ABOUT VAPING

TIP SHEET



Get more information: Canada.ca/vaping-info

BEFORE THE TALK: GET THE FACTS

Vaping is not harmless

- › Vaping can increase your exposure to harmful chemicals.
- › Vaping can lead to nicotine addiction.
- › The long-term consequences of vaping are unknown.
- › It's rare, but defective vaping products (especially batteries) may catch fire or explode, leading to burns and injuries.

Risks of nicotine

Nicotine is a highly addictive chemical. Youth are especially susceptible to its negative effects, as it can alter their brain development and can affect memory and concentration. It can also lead to addiction and physical dependence. Children and youth may become dependent on nicotine more rapidly than adults.

Although not all vaping products contain nicotine, the majority of them do, and the level of nicotine can vary widely. Some vaping liquids have low levels, but many have levels of nicotine similar to or higher than that of a typical cigarette. Quitting vaping can be challenging once a teen has developed an addiction to nicotine. Nicotine withdrawal symptoms can be unpleasant. Even if a vaping product does not contain nicotine, there is still a risk of being exposed to other harmful chemicals.

Vaping nicotine can alter teen brain development.

Vaping versus smoking

For people who smoke, completely replacing cigarette smoking with vaping will reduce their exposure to harmful chemicals. However, it is not safe for youth to use any nicotine products, including cigarettes and vaping products.

Vaping liquids

The ingredients typically found in vaping liquids include glycerol, flavours, propylene glycol and varying levels of nicotine. The long-term safety of inhaling these substances in vaping products is unknown and continues to be assessed. There is no burning during vaping; instead, the liquid is heated. This process can cause reactions and create new chemicals, such as formaldehyde. Some contaminants, such as metals, might also get into the vaping products and then into the aerosol.

Did you know?

- › Data from a recent Health Canada survey showed that 23% of students in grades 7–12 have tried an electronic cigarette.
- › Vaping devices may also be used for other substances such as cannabis.
- › Vaping products can be difficult to recognize:
 - Devices come in a variety of shapes and sizes, and some resemble a USB flash drive;
 - Liquids can have high levels of nicotine and come in a variety of flavours;
 - Vaping may not leave a lingering identifiable smell; and
 - Add-ons like vinyl "skins" or wraps can also render these items harder to recognize.
- › Vaping products have many names, such as e-cigarettes, vape pens, vapes, mods, tanks and e-hookahs. They may also be known by various brand names.
- › The *Tobacco and Vaping Products Act* prohibits vaping products to be sold or given to anyone under the age of 18. Be aware of the laws in your province or territory, as some have increased the age to 19.

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Health Canada
Santé Canada

Canada

County of Lethbridge Community Learning Council



Lifelong Learning.....It's our business

403-345-6009

2014 - 18 Street, Coaldale, AB

Adult Learning Opportunities in Lethbridge County:

- FREE English language tutor program
- English classes
- Computer classes
- Safe Food Handling courses
- First Aid courses
- Sign language basics class
- Resume, job search and application assistance



COMMUNITY ADULT
LEARNING PROGRAM

funded by

Alberta
Advanced Education

Check out our brochure of classes
which can be found at your local library
and on our website: communityclasses.ca

 @countyclasses

 @countyclasses

Healthy Children

January 2020 Parent Newsletter

Seal Out Tooth Decay

Food and bacteria stick easily to the deep grooves and small pits on the chewing surfaces of molar teeth making them hard to keep clean. Dental sealants are thin plastic coatings that cover the chewing surfaces of teeth to make them easy to clean and help prevent tooth decay.

It is best if children get sealants on their permanent molars as soon as they come in. The first permanent molars usually come in around ages 5-7 and the second permanent molars around ages 11 to 14. Other teeth with grooves and pits can also benefit from sealants.

Having sealants put on is safe, simple, and painless. Sealants are painted on as a liquid that quickly hardens to form a cover over the chewing surface. After sealants are placed you can



drink and eat right away. Sealants can last many years, but need to be checked regularly to make sure they are not chipped away or worn away. They can easily be repaired by adding more sealant material. They are also much less expensive than the cost to fix teeth due to decay.

Fluoride also works to prevent tooth decay but is most effective on the smooth surface of teeth. The chewing surfaces of our back teeth need the additional protection of dental sealants.

Sealant + Fluoride = Best Protection Against Tooth Decay

Articles

Seal Out Tooth Decay

Being Mentally Healthy

Bacteria are becoming more resistant to the drugs we treat the disease with (antibiotics). Vaccination decreases the impact of this by preventing people from becoming infected with those resistant germs. Vaccination also means we don't have to treat people as often with antibiotics. For more information visit

<http://www.who.int/bulletin/volumes/86/2/07-040089/en/>



To find an electronic copy of this newsletter visit www.ahs.ca/csh

Being Mentally Healthy

The terms mental health and mental illness are often used to mean the same thing, but in reality, they are different. Everyone has mental health; not everyone has a mental illness like depression. Having good mental health helps us manage our emotions, care about others and cope with problems. It's important for kids and adults alike.

The importance of learning social and emotional skills that help keep us mentally healthy are sometimes overlooked at school because of the emphasis on academic success. However, research shows a strong link between having social emotional skills, being resilient and having school success. Children who have developed social and emotional skills find it easier to manage themselves related to others, resolve conflict, do better in school and feel positive about themselves and the world around them. Family life is our first "classroom" for social and emotional learning.



As a parent, you can be a strong positive influence on your child's social and emotional growth and you can reflect and build on your own skills, helping you and your child in the process. Here are 5 areas you and your child can learn more about and work to improve.

Self-awareness: Know your emotions and recognize their impact on your behaviour.

Self-management: Know how to control your emotions and behaviours in challenging times and how to set and work towards goals.

Social awareness: Understand, respect and have empathy for all people and their perspectives.

Relationship skills: Know how to establish healthy relationships with others by communicating clearly, listening, cooperating, managing conflict, resisting peer pressure and seeking and offering help.

Responsible decision making: Understand how your choices impact you and others.

Adapted from www.parenttoolkit.com and www.cseel.org

To find an electronic copy of this newsletter, visit www.ahs.ca/csh